



Y not WALK to the YWCA?

FOR WOMEN AND FAMILY HEALTH

Join groups of women, girls, and families from all over Cambridge and walk to the YWCA for an afternoon of fun and giveaways.

**SATURDAY, OCTOBER 1, 2005
FROM NOON UNTIL 3:00PM**

YWCA, Temple Street
(in Central Square), Cambridge, MA

- FREE Food
- Music, Dance, and Entertainment
- Health Screenings and Health Fair
- Giveaways
- And More!

For more information, contact **Jeff Walker** at
617-665-3834, or jwalker@challiance.org



This event encourages all to be physically active to the best of their ability.

Sponsored by the Cambridge Public Health Department, The Cambridge Women's Commission, and the YWCA.



Cambridge Health Alliance



Cambridge Health Alliance is a nationally recognized, award-winning healthcare system that includes The Cambridge Hospital, Somerville Hospital, Whidden Memorial Hospital, and more than 20 primary care practices.

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